

SENIOR HAPP'Y'NINGS

JULY/AUGUST 2019
 27 BROOK STREET
 SCITUATE, MA 02066
 781-545-8722



HOURS OF OPERATION:

Monday-Thursday
 8:30 AM-4:30 PM
 Friday
 8:30 AM—3:00 PM

COA STAFF

Director -Linda Hayes
lhayes@scituatema.gov

Administrative Assistant
 Jill Johnston
jjohnston@scituatema.gov

Transportation Coordinator
 Kathy Clarkeson
kclarkeson@scituatema.gov

Outreach Coordinator
 Jenny Gerbis
jgerbis@scituatema.gov

Activities & Volunteer Coordinator
 Lisa Thornton
lthornton@scituatema.gov

Van Drivers: Mary Brown,
 Jay Brien, Jim Keeley, Joe Swindler

Manager of Social Services
 Laura Minier
lminier@scituatema.gov
 781-378-1653

COA BOARD

John D. Miller, Chair
 Janice Desmond, Co-Secretary
 Caitlyn Coyle, Co-Secretary
 Helen Jablonski,
 Leslie James,
 Janice Lindblom,
 Lucille Sorrentino,
 Henry Yeh

Selectman Liaison
 Karen Canfield

MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

"I tend the flowers of my mind; Watering our memories as they bloom."

Richard L. Ratliff, Poet

With the end of June, we will have completed 10 months of offering the UCLA Longevity Center's Memory Training workshop, generously funded by the Scituate Education Foundation for the first year. Eighty people have participated in the 4-week program beginning last September, and all have felt that the material presented was useful in reinforcing habits and improving their day-to-day memory. Helpful suggestions such as using routines for daily practices; identifying regular places for items like keys, glasses and phones; forming habits that help to relieve stress and ensure schedules are kept; and taking the time to prepare for events to help with recalling people and names. Add the new and sometimes challenging techniques introduced to help remember names and faces, improve recall, and reduce the common memory complaints that we all experience as we age. What also came to light was that no matter what, physical activity and exercise is still necessary to keep our memory sharp, and sleep is important to provide our memory with time to prune some of the excess information. In addition, learning new things is also necessary to maintain the synapses in our brains. This spring, we have had the pleasure of hosting two wonderful musicians from the Unlikely Strummers, who performed for our Mother's Day luncheon but then returned to provide a weekly group Ukulele lesson – which will continue for the summer and culminate with a little performance before Heritage Days. We will be providing a new monthly opportunity for some lifelong learning with an art education series, beginning in August. Each month will bring a different genre, artist or period of art to light with illustrations and stories from a knowledgeable art educator. It is yet another way to stimulate the creativity that is good for our brains, even without being an artist or having any previous experience or knowledge of art. This program is made possible through yet another grant, so there is no charge for this very beneficial opportunity. Remember, the Senior Center is your place! We plan to bring more opportunities for learning, connection and activity – whether language, technology, genealogy, games, history, art, gardening – you name it, we can provide it or find it! Continue to learn with us and grow with us with plenty of 'watering'! ♥ **Linda**



It's Summer! Join us for our July 4th barbecue *with all the fixins'* and some *Americana* guitar music—**TUESDAY, JULY 2** at the Harbor Community Building. Lunch provided by Life Care Center of the South Shore. No charge. Advance sign-ups.

Annual Lobster Luncheon—*AUGUST*

Transitioning after 60 (or 50, or 70—pick your number!) with Susan Kelly. Join us for this special **Path to Transformation** 2-hour workshop in August.

HERITAGE DAYS and Kindness Rocks! Help us make some Kindness Rocks to "leave, take, and share" during Heritage Days! Enjoy a special performance of the NEW Scituate Senior Strummers happening on Friday, August 2 at noontime.

🌀 Trips — live & learn! 🌀

July 11 @ 10:30am—TOUR of Big Y Supermarket and Shopping. Kathy Jordan, Dietician will be offering a tour of the Big Y, providing tips and secrets for healthy food shopping. Van Ride \$3

July 18 @ Museum of Fine Arts—Guided Tour: Toulouse-Lautrec and the Stars of Paris. \$35 Includes Admission, Guided Tour, Van Ride. Be prepared to depart Scituate by 9am. This trip has yet to be confirmed. Please call the senior center for details. Possible late lunch stop.

August 20 @ 1-4pm—MARSHFIELD FAIR— Seniors FREE Call the Senior Center for a van ride. Van Ride \$3

BIG BUS TRIPS! All day excursions—some with lots of walking. Please ask to find out if this trip is right for you! Transportation by Luxury Coach Bus. Sign up early !

JULY 9 Kennebunkport, ME. Join us for a fun day in Maine! \$89 Waitlist.

September 17 Lobster & Mobsters lunch and tour in Boston— Entertaining tour by “Mobstah” Tom Collins. Lobster Lunch at Mt. Vernon Restaurant.

October 16 Norman Rockwell Museum and Red Lion Inn for lunch

December 11 Tentative Date! Boston Pops Holiday Concert and Lunch. \$139. We have already started a waitlist.

Departure location may be in Norwell, Cohasset or Scituate for all BUS trips. Check with center for location and times. Check office for detailed trip policies. Sign up w/ payment!

TRIP POLICY: You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST. PAYMENT IS DUE at SIGN UP for ALL TRIPS**

LOCAL & OUT-OF-TOWN TRANSPORTATION

10 Ride Pass for \$15 = \$1.50 each way Cash = \$1.75 each way / \$3.50 round trip

Out of Town Medical = \$5 each way / \$10 round trip payable in advance of scheduled trip to the Scituate Council on Aging.

Out of Town Medical CANCELLATIONS are required 24 hours in advance of your scheduled ride or you may be responsible for the full cost of ride as billed by South Shore Community Action Council to the Scituate Council on Aging.

If the transportation fee causes hardship, schedule a confidential appointment with Jenny Gerbis, Outreach Coordinator.

MEDICAL RIDES OUT OF SCITUATE* are provided Monday thru Friday, only for appointment times between 10:30 AM and 1:00 PM. Rides require a minimum of 5 business days advance notice. All ride requests are processed through the Town of Scituate Council on Aging Transportation Department. Rides are provided through South Shore Community Action Council. Residents are not permitted to contact South Shore Community Action Council directly for transportation requests.

MEDICAL & LOCAL RIDES WITHIN SCITUATE* are provided Mondays 8:30 AM – 3:30 PM; Tuesdays (1st & 3rd) 8:30 – 3:30 PM / (2nd & 4th) 1:30 PM – 3:30 PM; Wednesdays 1PM – 3:30 PM; Thursdays 1:30 PM – 3:30 PM; Fridays 8:30 AM – 2PM. Local rides include medical and other appointments, the Senior Center or other off site locations for activities, library, shopping, pharmacy, hair dresser, etc. Our vans run on the same schedule as the Council on Aging. Rides require a minimum of 2 business days advance notice.

Discount Senior **MBTA Cards** can be applied for or renewed by mail or e-mail with a new photo; call Jill, x 2. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

AMERICAN CANCER SOCIETY provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300.

REGULAR SCHEDULED TRIPS

NOTE NEW DAYS & TIMES!

TUESDAYS: Hanover Mall / Trader Joe's / Dollar Store

10:30 AM – 12:00 PM (2nd & 4th Tuesday of the Month)

TUESDAYS: Scituate Food Pantry 10AM – 10:45 AM (1st & 3rd Tues)

WEDNESDAYS: Shaw's Supermarket 10:00 AM – 11:00 AM

THURSDAYS: Scituate Harbor 9:30 AM – 10:30 AM Congregational Church Lunch 12:00 PM– 1:00 PM

TRANSPORTATION COORDINATOR, KATHY CLARKESON

Call 781-545-8722 @ x 3 to schedule your requests for COA van for all transportation.

The **Dial-A-Ride** program is an origin to destination transportation service. Drivers are not permitted to exit the vehicle for any reason other than to operate the wheel chair lift.

If you are on the list of routine riders for any regularly scheduled trip you must cancel if your personal schedule changes.

*When making medical appointments, we will need your appointment date, time, duration of appointment, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your transportation.

☞ Programs, Special Events, Speakers ☞

Café Talks — DAYS & TIMES Vary; To enroll for a course or event, please call us at 781-545-8722
Information, social opportunity, and refreshments. We have a varied lineup of CAFÉ TALKS you won't want to miss!
Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

THANKSGIVING LUNCHEON BUFFET

Sunday, Nov. 17 — 1:30 pm

Courtesy of The River Club. Event will be held at the River Club.
Sign up with the Senior Center beginning September 16—
Reservations required. Call 545-8722.

Summer Barbeque Tuesday, July 2 Noon—2pm

Harbor Community Building, 44 Jericho Rd



Annual COA BBQ to kick off 4th of July (the official start of summer). We are firing up the grill! A generous gift from **Life Care Center of the South Shore**. Get ready for a classic barbeque with hamburgers, hot dogs and all

the fixin's! And of course, this event would not be the same without a visit from Nona's Ice Cream Truck! Sign up required. We have started the waitlist!

LOBSTER BAKE — August 27

Sign up today! Our annual lobster bake will include locally sourced boiled lobster and many of the classic fixin's, like corn on the cob, watermelon and more! Cost is variable with price of lobster/pound. Check with us for pricing *closer* to the event date. Call 781-545-8722 to reserve your spot.



The Path to Transformation with Susan Kelly

Are you considering retiring, already retired but seeking your next act, have a passion you'd like to pursue, need inspiration? Join experienced Career / Life Coach Susan Kelly for this 2-hour exploration of transformation and the Road to ReInvention at any age! Open to 50+, 60+ or more.

Wednesday, August 21 at 10:00-12:00. Please call the Senior Center to sign up in advance.

MONTHLY ART APPRECIATION SERIES

First class! August 7 @ 11am *American Art Explored*

"Art for Your Mind"

Jill Sanford will present an interactive learning program on different topics each month. *Art For Your Mind* is a selection of engaging presentations. Each program combines Art History and Art Appreciation into one hour of active observation. You will be guided through a back-to-basics, yet thorough approach to interpreting fine art images with regard to the time, place, culture and circumstances they come from - combined with an eye-opening examination of both the subtle and bold creative choices the artist has made. Next class dates—Sept 11 & Oct 9
Topics to be announced in Sept newsletter.

This program is generously sponsored by a grant from Scituate Education Foundation.



CAFÉ TALKS—Please sign up!

Changes or cancellations will be sent to those signed up! Make sure we have your current phone number and email address at the office.

Boston Ballparks and Red Sox Native Sons



Everyone is familiar with Fenway Park but actually there have been seven other Boston baseball stadiums that housed professional baseball teams over the years. In fact, Fenway isn't even the most recently built ballpark! Hearing a little something about these parks is also a good way of learning about Boston's history over the past 150 years.

Herb Crehan has interviewed over 140 former key Red Sox players extending back to Bobby Doerr, who joined the Red Sox in 1937, through Jonny Gomes who played for the team in 2013-2014. He has written more feature articles for the Red Sox program, *Red Sox Magazine*, than anyone in the club's history. And he loves to share the great stories that he has heard during his 24 seasons with the Boston Red Sox.

Tea Tasting Party @ the Senior Center

Wednesday, July 31 @ 12:30pm

Linda Felix from North River Home Care & Maureen Celorier from Partners Healthcare at Home will be bringing all the teapots, tea-cups to host a Tea Party. Learn about the health benefits of tea. Tea Sandwiches, Hot Tea, and Cookies

Men's Breakfast at 9am \$8

No Men's Breakfast on July 2.

August 6th

Details to be announced!

Come and connect! Socializing is a key to good health, along with starting the day with a delicious breakfast! SIGN UP PLEASE !!



BOOK CLUB

Fall 2019

Book Club to begin this Fall. If you are interested, call the senior center to learn about details. We will have a planning meeting for all those interested.

For some Summer reading, CHECK OUT our NEW LENDING LIBRARY with current titles. Book reviews will be available. Thank you to Ms. Harris for her generous donations to get the lending library started.

☞ Once a Month—Support and Services ☞

NEW PARKINSON'S SUPPORT GROUP

Third Tuesday of month at **12:00** @ Scituate Harbor Community Building for individuals with Parkinson's and caregivers. Experienced and knowledgeable facilitator. If you are interested in attending, please call 781-545-8722 for details. Next meetings are July 16 and Aug 20. Facilitated by Leslie Vickers.

CAREGIVER SUPPORT GROUPS

COA SUPPORT GROUP IN SCITUATE—GROUP ON HOLD—CALL CENTER FOR DETAILS

Third Wednesday at 12:00-1:00 for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services, Town of Scituate, and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier, 781-378-1653.

OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups

EVENING

First Wednesday at 6:00-7:30 PM at Sunrise of Cohasset 125 King St. (Route 3A). For information, call Bonnie Haley at 617-686-6173.

First Thursday at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME

First Tuesday at 2:00-3:00 PM at Duxbury Senior Center 10 Mayflower St, **Duxbury**. For information, Donna Ciappina, LSW 781-934-5774, x 5730.

Third Wednesday at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield**. For information, 781-834-7885

VISION SUPPORT GROUP

Third Monday at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

BLOOD PRESSURE CHECK!

Third Wednesday Town Nurse, Eileen Scotti will be here @ the Senior Center, 10:30-11:30 AM.

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS—WED 10AM

1st week—Wheeler; 2nd week—Central; 3rd week—**Senior Center**; 4th week—Lincoln; 5th week—Senior Center.

Screenings include: Blood pressure and vital sign assessment, Blood sugar screening, B12, nutritional & health counselig, medication review and instruction by Town nurse, Eileen Scotti.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

1st Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

ASK A LAWYER

3rd Friday



If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Michael Loring & Chris Sullivan will rotate monthly to provide this service. We welcome **Frederick Hayes** as one of our new attorneys. *Call 781-545-8722 for a morning appointment.*

MEET YOUR SENATOR **Sen. Patrick O'Connor**

3rd Thursday
10:30-11:30 AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

MEET YOUR REPRESENTATIVE

4th Friday

Representative Patrick Kearney is pleased to continue the tradition of meeting with any and all interested seniors at the Scituate Senior Center—the 4th Friday of the month beginning Jan. 25. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-690-7923 to discuss your issues by phone directly with the office.



FINANCIAL SERVICES

1st Monday

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate office.

Lori Shea, Edward Jones Financial Advisor is available monthly for a **FREE 30 min. appt.**

FINANCIAL SERVICES

Call for an appt.

Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group. If you are looking for predictable income and safety of your investments, she is available for a **FREE 30 min. appt.**

NEW re-usable shopping bags at the Senior Center!

Generously donated by Scituate's **12 Women Care.**

August 2019

Mon	Tue	Wed	Thu	Fri
Scituate Farmers Market Wednesdays, 3-7pm <i>Will be held WEEKLY on Wednesdays on the lawn next to the Town Hall (Old Police Station). Corner of First Parish Rd and Route 3A. Come and shop for healthy fresh produce and many other delicious food items & treats! It's a fun place to socialize too!</i>				
New LOCATION! <i>June 12th—October 9th</i>				
5 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball	6 9:00 Men's Breakfast 9:00 Walking Group 9:00 Mah Jong 10:00 Food Pantry 1:00 Scrabble 1:30 Tai Chi 6:00 Badminton	7 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 11:00 Art for Your Mind 12:30 Balance for Life 4:00 Pickleball	8 9:00 Walking Group 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 5:30 COA Board Meeting	9 8:30 Yoga 9:45 Chair Yoga 12:30 Friday Flix
12 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball	13 8:00 Indian Princess Cruise- (Offered by Norwell COA) 9:00 Walking Group 9:00 Mah Jong 10:30 Mail 1:00 Scrabble	14 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:30 Balance for Life 4:00 Pickleball	15 9:00 Walking Group 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	16 8:30 Yoga 9:45 Chair Yoga
19 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball	20 9:00 Walking Group 9:00 Mah Jong 10:00 Food Pantry 12:00 Parkinson's Support Group 1:00 Scrabble 1:30 Tai Chi 6:00 Badminton	21 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 B P/Nurse 10:00 Path to Transformation 12:30 Balance for Life 4:00 Pickleball 5:00 Dine Out	22 9:00 Walking Group 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	23 8:30 Yoga 9:45 Chair Yoga 12:30 Friday Flix
26 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball	27 9:00 Walking Group 9:00 Mah Jong 10:30 Mail COA Lobster Lunch 1:00 Scrabble 1:30 Tai Chi 6:00 Badminton	28 8:30 Yoga 9:45 Mens Yoga&Chair Yoga 10:00 Shaws 12:30 Balance for Life 4:00 Pickleball	29 9:00 Walking Group 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	30 8:30 Yoga 9:45 Chair Yoga

July 2019

Mon	Tue	Wed	Thu	Fri
<p>1 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>2 9:00 Nordic/ Walking Group 9:00 Mah Jong 10:00 Food Pantry 12:00 4th of July Luncheon 1:30 Tai Chi 6:00 Badminton</p>	<p>3 8:30 Yoga 9:45 Chair Yoga & Men's Yoga 10:00 Shaws 12:30 Balance for Life 4:00 Pickleball</p>	<p>4 Holiday Offices Closed</p>	<p>5 8:30 Yoga 9:45 Chair Yoga 11:00 Ukulele Class</p>
<p>8 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>9 7:00 Kennebunkport Trip 9:00 Walking Group 9:00 Mah Jong 10:30 Mail 1:00 Scrabble 1:30 Tai Chi 6:00 Badminton</p>	<p>10 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:30 Balance for Life 4:00 Pickleball</p>	<p>11 9:00 Walking Group 9:30 Harbor 11:15 Balance for Life 10:30 Big Y Shopping Trip 1:00 Knitting 5:30 COA Board Meeting</p>	<p>12 8:30 Yoga 9:45 Chair Yoga 11:00 Ukulele Class 12:30 Friday Flix</p>
<p>15 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>16 9:00 Walking Group 9:00 Mah Jong 10:00 Food Pantry 12:00 Parkinson's Support Group 1:00 Scrabble 1:30 Tai Chi 6:00 Badminton</p>	<p>17 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 BP 12:30 Balance for Life 4:00 Pickleball 5:00 Dine Out</p>	<p>18 MFA Trip –To Be Confirmed 9:00 Walking Group 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class</p>	<p>19 8:30 Yoga 9:45 Chair Yoga 11:00 Ukulele Class</p>
<p>22 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>23 9:00 Walking Group 9:00 Mah Jong 10:30 Mail 1:00 Scrabble 1:30 Tai Chi 6:00 Badminton</p>	<p>24 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:00 Café Talk- Boston Ballparks 12:30 Balance for Life 4:00 Pickleball</p>	<p>25 9:00 Walking Group 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class</p>	<p>26 8:30 Yoga 9:45 Chair Yoga 12:30 Friday Flix</p>
<p>29 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>30 9:00 Walking Group 9:00 Mah Jong 1:00 Scrabble 1:30 Tai Chi 6:00 Badminton</p>	<p>31 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:30 Tea Tasting Party 12:30 Balance for Life 4:00 Pickleball</p>		

🌀 Social Services & Outreach 🌀

**MONDAY, WEDNESDAY & FRIDAY
LUNCH**

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.



Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY LUNCH, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,
Community dinner for all ages sponsored by various commu-
nity groups. Donations Accepted.

Van transportation is available by calling the Senior Center at 781-545-8722— 48 hrs. ahead

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:15pm, Thursdays 3:30-5:15pm
Food donation drop offs: Tuesday 9am-1pm, Thurs 3pm-6pm
The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way.

GET YOUR GATRA/MBTA SENIOR CHARLIE CARD



Seniors 60 years of age or older are eligible for half-fare on all public transportation in Massachusetts by filling out a one page application and showing a copy of proof of their date of birth. Come into the COA

office to have your photo taken. No charge for the card. Card will be mailed to you in 1-2 weeks.

BEWARE OF PEOPLE PRETENDING TO BE FROM SOCIAL SECURITY

There's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls may display 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. Often the caller states that Social Security does not have all of your personal information, such as your SSN, on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. These calls are **not** from Social Security

**SCAM
ALERT**

Social Security employees will never threaten you, or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

THURSDAYS @ HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say “hello” and see what information is available to you, or just have a chat.

CHARLIE CARD/GATRA APPLICATIONS AVAILABLE. BRING YOUR SMILE FOR THE PHOTO!



JULY

Thursday 7/11 12:30 PM @ Lincoln

Thursday 7/18 12:30 PM @ Central

Thursday 7/25 12:30 PM @ Wheeler 1, 1PM @ Wheeler 2

AUGUST

Thursday 8/1 12:30 PM @ Lincoln

Thursday 8/8 12:30 PM @ Central

Thursday 8/15 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

SHINE—BY APPOINTMENT

*Serving the **Health Information Needs of Everyone***

Call for an appt. with SHINE Counselor Norman Tetreault, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an appt. on the following dates:

July – Tues 7/9, Tues 7/16, Thur. 7/18, Thur. 7/25

August – Thur. 8/1, Thur. 8/8, Thur. 8/16, Thur. 8/29

BEACH & TRANSFER STATION STICKERS



We now have the 2019 transfer station and beach stickers to loan out. We have 2 transfer station stickers and 3 beach stickers.

They have been laminated and new sign-out sheets have been made. Please contact the Senior Center at 781-545-8722 to sign-out.

FARMERS MARKET NUTRITION PROGRAM

If you are over the age of 60, or disabled and your income falls within the guidelines below you are eligible to receive these valuable coupons.

Household	Monthly	Annual Income
1	\$1,926	\$23,107
2	\$2,607	\$31,284
3	\$3,289	\$39,461
4	\$3,970	\$47,638



The coupons usually arrive in mid-July for distribution. Quantities are limited and are on a first come first serve basis. Please contact Jenny Gerbis in advance to reserve your coupons at 781-545-8873. She will call you when they arrive, you will only need to sign a form stating you meet the above requirements. You can use these coupons at many area Farmers Markets.

Age Well at the Senior Center

Fun & Learning!

FRIDAY FLIX NEW START TIME! 12:30pm

Surround Sound, English Subtitles, 65" Flat Screen TV

Ruth Bader Ginsberg, PG-13, 2018 Drama/Bio JUL 12

Shall We Dance, PG-13, Drama JUL 26

Green Book PG-13, 2018, Bio/Comedy/Drama. AUG 9

What They Had, R, 2018, Drama AUG 23

AWARD WINNING MOVIES! We want to see you! Get out, meet a friend or make a new friend and enjoy a MOVIE! Stop by to get details on each movie. Some weeks we may have a lunch offering you can purchase.

HOW TO PAY FOR PARKING AT THE MBTA STATIONS

Parking can be stressful, especially when you're trying to catch a train. MBTA now offers secure, convenient mobile payment from **PayByPhone**. And better still, if you're a regular commuter discounted monthly permits. With **PayByPhone**, you can pay from anywhere – your car, the platform and even the train.

PayByPhone is the mobile parking payment provider. This service makes paying for parking at MBTA lots faster and more convenient.

If you do not have a smartphone, or if you prefer to call in, you can register and park using **PayByPhone's** dial-in service. Simply call 1-866-234-7275 and follow the prompts to either register or park.

How do I use the service?

The **PayByPhone** service is easy to use. First, make sure you are registered for a free account (if you are not yet registered, visit paybyphone.com/registration, or download the app). Then Park at the MBTA lot of your choice

Open the **PayByPhone** app, visit paybyphone.com on your phone, or call in. Enter the location number for your MBTA lot this number will be displayed on **PayByPhone** signs around the lot (or click the 'location information' link below) For daily parking, enter your license plate* and go!

HOW TO PURCHASE A TICKET FOR THE GREENBUSH TRAIN ON YOUR PHONE

To download the MBTA **mTicket** App for iOS and Android Visit: www.mbt.com/mticket. Buy a ticket anywhere, anytime - in seconds. The Official MBTA **mTicket** App is like a ticket office in your pocket. Your smartphone is your ticket! With the new MBTA **mTicket** App for Commuter Rail and Ferry, you can securely purchase MBTA Commuter Rail and Ferry Single Ride, Round-Trip, and 10 Ride tickets in seconds. Purchasing a ticket is easy: select your trip & ticket type, enter your payment card information and your smartphone is your ticket!

DINE OUT Dinner (Reservation @ 5 PM)
Lunch & Dinner Club Call for reservation!
Departs approx. 4:15 pm Van ride \$3.00

East Bay Grille July 17 @ 5pm
Plymouth, MA

Blakeman's Restaurant August 21 @ 5 PM
Duxbury Beach
(Rustic Summer Dining, Picnic Table Seating)
Dine Out Reservation: Call us to be part of the reservation! Dinner Reservation is limited to 12 people.

Van Ride Reservation: Van departs Senior Center at approximately 4-4:15 pm Call Kathy if you need a ride from your home!

Call for VAN reservation! Van ride \$3.00 VAN WILL ONLY RUN WITH 6 PEOPLE OR MORE! Invite a friend, so we do not need to cancel the van. Let us do the driving! All reservations should be made with payment for the van. If you are unable to attend, please call to cancel at least 5 days prior to event date.

SCITUATE HISTORY WEDNESDAYS, 1-2:30 PM
BOB JACKMAN SEPT 18—OCT 23

Scituate in the Turbulent 1970s will survey the most radical decade of change in Scituate history. Enrollment at Scituate High School doubled within a few years as many summer cottages were converted to full year housing. Major social issues such as recreational drug use, the sexual revolution, and charismatic religious personalities such as "Brother Julius" were intensely discussed at the local level. Some members of the long established local political leadership were replaced by new arrival from Boston. We will utilize period materials from Scituate and the neighboring towns to capture the turbulence and intensity of the decade. Tuition \$20.

GARDEN THERAPY 2019-20 TUESDAYS
NEW TIME 12:30am

EVENT DATE	SIGN UP DATE
NOV 12—AUTUMN FOLIAGE	OCT 1
DEC 10—BOXWOOD HOLIDAY TREES	NOV 1
FEB 11—HEARTS AND FLOWERS	JAN 1
MAY 6—SPRING FLING	APR 1

Offered by Scituate Garden Club members.

Materials and Demonstration by Scituate Garden Club.
Space is limited. Sign up Required See dates for sign up!

🌀 Body & Brain Health 🌀

WALKING GROUP—TUESDAYS & THURSDAYS @ 9–10AM **MEET AT THE SCITUATE HARBOR COMMUNITY BUILDING, 44 JERICHO RD - WE WILL WALK TO THE LIGHTHOUSE AND BACK**

Join this group of like-minded fitness walkers! Wear comfortable walking shoes. **Please dress in layers. It can be windy and cool by the water or hot and sunny! Wear a hat and sun-screen. Bring water.**

All interested walkers welcome to join in. Have you been trained in Nordic Walking? Bring your poles or borrow some from the senior center—We have 10 poles to loan out, so call to reserve @ 545-8722. **You do not need to use poles to join this walking group!!!!**

UKULELE CLASS CONTINUES!

Fridays weekly @11am Session II ends Aug 2

Harbor Building, 44 Jericho Rd

Session 2 June 28—August 2 (no class 7/26)

Special performance to kick off Heritage Days!

CALL 781-545-8722 if you are interested in a beginner session. We will try to offer another session.



Scituate Farmers Market **Wednesdays, 3-7pm**

New LOCATION!

June 12th—October 9th

WEEKLY on the lawn next to the Town Hall (Old Police Station).

NORDIC WALKING TRAINING CLASS—Thursday, August 1 @ 10:30-12:30 PM, Senior Center

Please sign up!

Interactive Class. We will head outside to walk! SIGN UP @ 545-8722. Have you ever seen someone walking with poles and wondered, WHY? Did you know that in European countries, 15% of walkers use poles to get a better full body workout and increased health benefits! 1. **Nordic Pole Walking burns up to 46% more calories** than exercise walking without poles or moderate jogging. 25-30% on average. 2. **Increases heart and cardiovascular training to 25%.** 3. **Incorporates 90 % of all body muscles** in one exercise and increases endurance of arm muscles, neck and shoulder. **Would you like to learn about it and give it a try?**

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio* Resume Sept	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	9:00 Walking Group	Meet at HCB	9:45 Chair Yoga	HCB	9:00 Walking Group	Meet at HCB	9:45 Chair Yoga	HCB
9:30—Resumes Sept Joint Efforts *	SC	Walk w/ poles or without		9:45 Men's Yoga	HCB	Walk w/ poles or without		9:30—Resumes Sept Joint Efforts*	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	1:00 Trail Walking Arrive 12:45 to car- pool to walk location Resumes Sept	Meet @ SC
Substitute teachers will be found when possible. Please call to confirm class dates and times.									

HCB = Harbor Community Building @ 44 Jericho Rd SC = Senior Center LBR=Library STM = St. Mary's Parish Center

Floor Yoga: Anne/Elizabeth, \$10 /12 **Chair Yoga** Anne/Elizabeth, \$5 **Men's Yoga:** Anne, \$10 /12 **Joint Efforts:** AnneMarie/Phyllis, \$3 **Balance for Life:** Sue \$5 per class; \$8 / 2 classes; \$10/3 classes a week **Cardio:** Chris \$4 **Walking:** Lisa/Dot **Tai Chi:** Linda \$2

TAI CHI

ONGOING, \$2

Improve balance and overall health and well-being with this 24 week program. Questions call 545-8722. Led by Linda Hayes.

SUMMER PICKLEBALL PROGRAM

Days & Times—Please call the office.

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

This is a volunteer-led Senior Center program. We do accept donations to support ongoing equipment purchases.

BADMINTON

Wednesdays, 6:00PM

@ Jenkins School until the last day of school. We will break for the summer.

Drop-in! All are welcome!

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 9:00-11:00 for the SUMMER. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Scrabble—TUESDAYS @ 1:00-2:30PM

Hand & Foot Card Game—MONDAYS @ 1-3PM, held @ SHCB (Jericho Rd)

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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The cost of mailing this newsletter is supported by funds we receive from the state
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Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: July 11 & Aug 8 at 5:30 pm. **Check the town website for meeting postings or changes.**

WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at ***scituatema.gov***; **Department-Council on Aging**, and
Newsletters.

ALSO, ***www.ourseniorcenter.com***
Find: Scituate Council on Aging.

You can sign up with your e-mail and
receive notice when it is published
(well before mailing!).

"Like" us on **Facebook**:
Search **Scituate Council on Aging** AND
TownofScituate *Share to your friends!*
Follow us on Twitter: **@ScituateCOA.**

PRESENT TENSE

Author, Mary Duggan— May 9, 2019

Present tense is just okay. Past tense went by too fast, and future tense is hard to contemplate. It is very hard to live in the present. We are all so busy planning things. I wish we all had had the sense to stop and "smell the roses" when we still had a keen sense of smell.

Right NOW is all we have, and I have to remind myself constantly of the positive things and not dwell on the negative. Oh to be 85 again – not that it was so great, but it sure was better than 89. I wish I had appreciated it more at the time, but as they say "all things are relative." Perhaps the next generation will learn from us – *Life is good Right Now!*



FOSS meets the 2nd Tuesday of each the month at 10am for Events and Regular meeting at 11am at the Harbor Methodist Church.

The Council on Aging wants to thank the Friends of Scituate Seniors for funding our coffee purchases to help us continue to provide coffee to our patrons. We are also grateful to those who have donated small and large amounts when able, and we appreciate your contributions greatly.

SATUIT CONCERT BAND—SCITUATE DATES

JULY 5—SCITUATE HARBOR—7:30PM
AUGUST 2—ST. MARY'S PARISH CENTER— 7:30PM
AUGUST 14—SCITUATE LIBRARY— 7:30PM
AUGUST 16— SCITUATE BANDSTAND— 7:30PM
AUGUST 30TH— SCITUATE BANDSTAND— 7:30PM